## **CANADIANS FIND CYBER SPY NETWORK, PG3**





**Celebrity Buzz B.C.** set scare **Pattinson** pq 14

## City, builders to meet over costs

Discussion on new infrastructure to be private

SHAWN LOGAN for Metro Calgary

If you build it they will come, but a closed-door meeting today may be the first step in determining who will pay for pricey infrastructure, municipal leaders say.

The city will meet with developers and home-builders at a special symposium at the Telus Convention Centre in an effort to hash out who foots the bill for new fire halls, buses and roads in new communities

Ald. Ric McIver said the summit, which will include members of the Calgary Homebuilders Association (CHBA) and the Urban Development Institute, is vital for the city's growth and shouldn't be taking place out of the public eye.

"When you're talking something that could have such a pro-found effect on the public and the way we pay for in-

"This is not negotiating a development agreement, it's a private meeting between the city and industry so we can be forthright with one another."

CHBA president, Dennis Little

frastructure in the future, it should be more of an open dialogue," he said.

"It always comes down to who's going to pay for it and at the end of the day that will be either the tax-payer or the taxpayer who's buying a new home.'

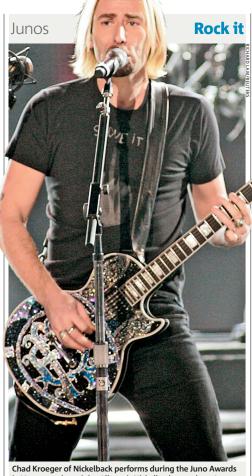
In 2006, city council approved a hefty development levy, requiring both residential and commercial developers to fork over \$40,000 per hectare to help defray the heavy price tag for critical infraDennis Little, president of the CHBA, said the meeting was being held in private to ensure a frank dialogue, but said the industry feels it is already paying its fair share for city infrastructure.

"This is not negotiat-ing a development agreement, it's a private meeting between the city and industry so we can be forthright with one another," he said.

Ald. Brian Pincott said the real challenge facing the city has more to do with covering operating costs; paying for firefighters and bus drivers, he said, cuts deeper into the city budget than bricks and mortar.

"For me it's time to think about the way we grow the city so we can make sure these operating costs are manage-able," he said.

Share Your Views calgaryletters@metronews.ca



in Vancouver last night. Alberta's Nickelback won three Junos, including group of the year. Coverage, pg 13.

## One dead after vehicles collide on Highway 2

INVESTIGATION A 43-year-old man was killed late Saturday evening when Okotoks RCMP say a red Pontiac Grand Am was driving north-

> in the southbound lanes of Highway 2. RCMP said the

bound

Grand Am struck an Isuzu SUV and the male passenger was killed. The female driver of the Grand Am was taken to Foothills Medical Centre.

The two occupants of the Isuzu, a 53-year-old man, and 37-year-old woman from Granum, Alta, were taken to hospital with serious injuries, police said.

Alcohol is believed to be a factor in the crash.

METRO CALGARY



Keeping North true, steady

## Avalanche victim 'died doing what he loved'

KRISTA SYLVESTER krista.sylvester@metronews.ca

**CARBON** Described as a "haywire," the family of a snowmobiler killed in an avalanche on Friday said he died doing what he loved.

50, was well-liked, respected and adored member of the community of Car- Daryl Hay bon, where he and his wife, Donna



Hay, lived, just 120 kilometres northeast of Calgary. Hay was snowmobiling with friends south of Golden, B.C., when he was buried by an avalanche.

"He was a proud member of the community and he always wanted to make other people laugh. He

took every challenge head on and was never one to sit back," his wife said, adding they each had two kids

When Hay and his wife returned from a vacation in Mazatlan, Mexico, last week, he couldn't wait to get out into the snow, she

said. "He died doing what he loved and there isn't any other way we would have

it," his wife said.

"He will be very, very missed.

There will be a roast in Hay's honour on Friday at 2 p.m. at the Acme Hall.



## **CALGARY JOB AND EDUCATION FAIR**

Wednesday, April 15, 2009 from 12 - 6 p.m. Calgary Stampede, Big Four Building – Hall A, 1801 Big Four Trail S.E. REGISTER NOW TO ATTEND www.nasinstitute.com



Flames fan ordered psychological evaluation

A Calgary Flames fan arrested for making death threats to opposing team Columbus Jackets goaltender Steve Mason has been ordered to undergo a psychological evaluation by an Ohio judge Saturday. METRO CALGARY





## IGNITE set to launch

Calgary's Festival of Emerging Artists launches April 2 as part of Earth Week. The IGNITE! Launch is an annual event for up and coming artists to display their works at Webster Galleries. Admission is free to this event. For more information please visit www.reapcalgary.com/ METRO CALGARY



## Spring snow brings flood worries

Just one month after wicked weather flooded homes in Sunnyside, the city is warning homeowners to prepare for the worst as more spring snowfall blanketed the

With more snow and

warm weather in the forecast this week, city crews are bracing for more flooding and asking residents to take precautions to prevent a repeat of the March 3 storm that swamped dozens of inner city homes. Mike MacIsaac, leader of asset assessment for Calgary water services, said spring snow is always worrying, but with sewers already covered under layers of snow, a quick thaw could be a recipe for residential flooding.

"We'll be monitoring all the storm sewers and catch basins and a gradual thaw would really help us out, but if not, be ready for sandbagging and emergency calls," he said.

"With all the snow that's piled up on residential streets, its caused us a lot of grief — there's no community or home that is safe from flooding."

As much as 13 centimetres of snow was reported at the Calgary airport yesterday and with Environment Canada calling for balmy temperatures early this week and more snow on Wednesday, a growing potential exists for overburdened storm sewers to back up.

MacIsaac said city crews are busy clearing some 48,000 catch basins of accumulated snow and ice but residents need to ensure they're doing all they can to prevent flooding.

Ald. Druh Farrell. who saw dozens of constituents flooded out earlier this month, said the city needs to take a closer look at changing weather patterns and may have to look at new strategies to deal with

"We should be expecting more unstable weather and perhaps we need to review how we prepare for it," she said. "We need to look at new techniques and start investing in new technology."

## Earth Hour brings small improvement

**ENVIRONMENT** Calgarians are still in the dark about energy conservation after a poor showing for this weekend's Earth Hour, says a local alderman.

Ald. Brian Pincott said he's disappointed that few Calgarians opted to power down Saturday night at 8:30 p.m. to join a growing worldwide movement, calling it "perplexing" in a city that has made significant environmental strides elsewhere.

"We are environmentally schizophrenic," he said.
"It's unbelievably disappointing. Turning your lights off is the simplest thing you can do and for people to be so completely disengaged is discouraging."

Enmax spokeswoman Doris Kaufmann said Cal-Enmax gary showed a smidgen of improvement over last year's Earth Hour efforts by actually seeing power consumption drop from the normal average, albeit only by one per cent. Considering Earth Hour 2008 actually saw Calgary's power use spike higher than average, Kaufmann said even a drop is a big step.

"One could say they are getting the message to some degree," she said,

SHAWN LOGAN/FOR METRO CALGARY



JENNIFER HILLIKER for Metro Calgary

CONTEST Not being in a relationship has certainly worked to 25-year-old Tanis Ferguson's advantage.

The Mount Royal College land administration student, chosen as one of the hottest 30 Lavalife singles in Canada, was later voted into the top 10 by her

As part of her prize, she won a round trip flight to Toronto for a Lavalife party where she will walk the red carpet and a chance to win the top single prize of \$10,000.

"I'm pretty excited, a little bit surprised and completely flattered," said Ferguson, who solicited all of



Calgarian Tanis Ferguson could win the top prize of \$10,000 after being voted one of the top 10 hottest Lavalife singles.

her friends (and friends of Facebook. friends) to vote for her on

Ferguson, who has been

on the Internet social site on-and-off for three years, has met about 60 people on Lavalife, many of whom have become good friends.

Ferguson said she was chosen to be in the top 30 singles based on the per-sonality she portrayed in her portfolio, fashion sense, and someone who fits the Lavalife culture.

"I showed them who I was by putting pictures from girls' night outs, one from my birthday of me getting out a limo, and one of me having a glass of wine at a trendy spot in

Calgary."

If she wins, Ferguson said she will give to a local charity, go on a shopping spree and throw a party for her friends who voted in the contest.

## **News** in brief

POLITICS An ongoing feud between local MP Rob Anders and corporate lawyer Donna Kennedy-Glans turned up a notch this weekend. On Saturday, Kennedy-Glans and her supporters voted to bring in a new board of directors. The board of directors oversees nominations, which has been a contentious issue in the riding. Kennedy-Glans told Metro last week she feels the riding is ready for a new leader, but Anders has said the issue has become more about Liberals versus Conservatives.

METRO CALGARY

## **Blogs** It's Called Football Weekly welcomes SI.com's

Ives Galarcep to chat about the MLS and Kenya Hunt shows off one-of-a-kind Video Market

metrenews.ca

What's online today

watchers optimistic about gains in April at metronews.ca/ canada

## Lotteries

Friday, March 27 - Lotto Super 7:8, 10, 14, 18 28, 30 & 36. Bonus 25. Saturday, March 28 Lotto 6/49: 6, 10, 33, 39, 40 & 48. Bonus 43. These results are not official.

## Locals get to scratch their itch at golf show

KRISTA SYLVESTER krista.sylvester@metronews

**SPRING** It may not be golf weather outside but it was all clubs and balls inside the Calgary Round-up Centre for the PGA of Alberta golf show this weekend.

snowv Despite the

weather, avid golfers and their keen kids brushed off the cars and headed down to the everything-aboutgolf show, PGA of Alberta spokesperson McWhirter said.

"It's still been busy, especially (Saturday) but we're hoping it gets a little bit busier," he said yesterday, adding the golf season is actually still about a month away. "It's the perfect time to have the show with people starting to get the golf itch."

Besides golfers hoping to tee off soon, there were a lot of kids and juniors at the show, including sevenyear-old future golf pro Curtis Hodgins, who was practising his swing at the Callaway driving range in-

"I think he has a better swing than I do," his dad, Daryn, joked. "He loves coming to these shows the past few years."

About 4,000 people were expected to attend.

metro

# Canada/World

## lauds new gay rights proposal

**EDMONTON** A proposal to include sexual orientation in Alberta's human rights legislation is being applauded by Edmonton's gay and lesbian community, but they say it's long

Alberta Culture Minister Lindsay Blackett has introduced some changes to modernize the legislation this spring. And while people within Alberta's gay and lesbian community are already protected as a result of a 1998 Supreme Court decision, Blackett says his amendments would bring Alberta's human rights laws in line with other provinces and the court decision.

METRO CANADA

## Harper touts bank system

POLITICS Canada is emerging from the global credit meltdown with "probably the only truly free-market financial system in the world," Prime Minister Stephen Harper said yesterday in advance of the G20 summit in London. In remarks in a series of interviews vesterday aimed at audiences in Canada and the United States, Harper boasted about the strength of Canada's banking system.

TORSTAR NEWS SERVICE

# discovered

uncovered a vast electronic spying operation that infiltrated computers and stole documents from government and private offices around the world. including those of the Dalai Lama, the New York Times reported Saturday.

In a report provided to the newspaper, a team from the Munk Centre for International Studies in Toronto said at least 1,295 computers in 103 countries had been breached in less than two years by the spy system, which it dubbed GhostNet.

Embassies, foreign ministries, government offices and the Dalai Lama's Tibetan exile centres in India, Brussels, London and York were among those infiltrated, said the researchers, who have detected computer espionage in the past.

They found no evidence U.S. government offices were breached.

The researchers concluded that computers based almost exclusively in China were responsible for intrusions, though they stopped short of saying the Chinese government was involved in the system, which they described as still active.

"We're a bit more careful about it, knowing the nuance of what happens in the subterranean realms," Ronald Deibert, a member of the Munk research group, based at the University of Toronto.

## Federal judge to rule on overturn of U.K. MP's ban

COURTS A federal court judge says he won't rule until today on whether to overturn a government decision to bar British MP George Galloway from speaking in Canada this week.

Canadian lawyers for Galloway told Justice Luc Martineau that if a decision in the anti-war MP's favour is delivered by 2 p.m. EDT, Galloway could still make his 7 p.m. Toronto engagement. Galloway was to speak about the war Afghanistan and the Middle East conflict this week, but officials with the Canada Border Services Agency notified him he was flagged as a terrorist sympathizer and slammed the door.

Immigration Minister Jason Kenney said he won't bow to pressure to let him into the country.

TORSTAR NEWS SERVICE

## Community | Spy network | 8 shot dead in rampage on N.C. nursing home

A gunman opened fire inside a nursing home in a small North Carolina town yesterday, killing eight people, including elderly patients in wheelchairs, local authorities said.

A 45-year-old local man arrested and faces eight counts of first-degree murder after the shooting at the retirement care home in Carthage. Those killed at the

Pinelake Health and Rehab Center in Carthage, which offers care for the elderly and Alzheimer's sufferers. included seven patients in their 70s, 80s, and 90s and one 39-year-old staff member, officials said.

Carthage police Chief Chris McKenzie told the news conference that the gunman shot 11 people in all. The wounded included a police officer and the arrested suspect, who was identified as Robert Stewart. Six victims died at the scene and two died of their injuries in hospital. REUTERS

## Russia Calls for resignation



Supporters of the Russian opposition party United Civil Front leave their signatures to call for the resignation of Prime Minister Vladimir Putin in Moscow yesterday.

## Collapse kills 19 after Ivory Coast soccer match

ABIDJAN At least 19 people were killed in a stadium crush during a World Cup qualifier between Ivory Coast and Malawi in Abidjan yesterday.

A rush by spectators led to the collapse of a wall, officials said. Police then fired tear gas, causing a stampede that left many seriously injured.

The tragedy followed similar incidents that have marred international matches in Africa in the last decade, including two separate ones in Zambia and the death of 13 people in Zimbabwe RELITERS

#### **News** in brief

**BOGOTA** A Colombian man accused of sexually abusing his daughter from a young age and fathering eight children with her was arrested Saturday. Arcebio Alvarez, 58,

was led away in handcuffs by agents from Colombia's attorney general's office after his daughter told police that he had abused her since she was a young girl.

**PAKISTAN** Attackers armed with guns and grenades killed at least eight policemen at a training centre in the Pakistani city of Lahore late yesterday, officials said. REUTERS

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# Comment & Views

## Find joy in the little things



want to share an old saying. It dates right back to 15 minutes ago when I made it up. "To find good news, look in a mental institute." That iust makes life so clear doesn't it?

As I've mentioned before, as part of training to become a United Church of Canada minister I'm spending eight months working at an inner city church and a mental health hospital. I call this program Thirty Two Weeks In Heaven and Hell. Which place is which changes around from day to day.

Every Wednesday, I work on a mental health ward that houses those suffering from schizophrenia. Some

may mean not leaving much at

woman try "listen to to her inner voice.' Her re sponse? "I'm



Doing spiritual care for these clients is challenging. I suggested to one that she

## Sunny**Side**

trying not to listen to them. That's where." Fair enough. That's why

Not taking client behaviour personally is another challenge. Last week, I walked into the ward happily sporting a short new haircut. Louise rushed over gushing, "I love your hair! You look just like Prince Charles!'

It's hard to carry on a conversation because some clients find it difficult to keep words in logical order. I sat for an hour with Gor-

don who babbled to me earnestly and entirely incoherently as I smiled and nodded, all the while thinking,

let me not be agreeing that Paul Martin was a modern day Gandhi."
So, where's the good

news here? Well, it's not "no matter how bad your own life seems, remember you're allowed to cross the street," though it's a good to remember for thing sure.

On our ward, Dylan paints a picture that's hung in the hallway and he grins for a day. Loni gets her hair washed and everyone tells her she's gorgeous. Carson says he's glad to see me and offers a smile, precious as the first spring flower.

Encouragement. Appreciation. That's good news anywhere. And the best part is, it's not a privilege allowed only to some. In any life, in any place, you can make it yourself.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



### Letters

**Negative cartoon undermines** good the Pope is trying to do

RE: Vision for Africa cartoon (March 18)

I found the cartoon of Pope Benedict XVI in the March 18 paper disrespectful and offensive.

Canadian society prides itself on being tolerant and accepting, but there are still those who are too willing to believe the worst of the Pope. And their deliberate misunderstanding and negative comments seriously undermine the real good the Pope is trying to do.

MARIA OLAGUERA, SURREY, B.C.

#### Banning British MP is an affront to free speech

How dare does Immigration Minister Jason Ken-ney presume to decide who can speak publicly in this country, and what I, as a free Canadian citizen. can listen to, read and watch?

In Canada, we consider freedom of speech a fundamental right in our democracy. Banning British MP George Galloway from speaking at scheduled public meet-ings in Canada during his North American speaking tour is an affront to Canadian democracy and the intrinsic right of freedom of speech.

Canadians have the right to hear Galloway whether they agree with his positions on the Middle East or not. As a minister and MP, Kenney has claimed to be a proponent of freedom of speech. Ap-parently, he is afraid of what Galloway has to say.

I call on the minister to allow Galloway to come to Canada and speak.

WALIED KHOGALI, TORONTO, ONT.



## **Views**

## Chief Big Plume putting his people first



With only one hurdle left, the southwest leg of the fa-bled ring road sits loosely in the hands and hearts of 800 Tsuu T'ina.

The First Nation's band council signed off on a draft agreement recently, and a referendum set for June 30 will settle it once and for all; fittingly it goes to the Tsuu T'ina people.

Interesting that one of Calgary's most important transportation projects of the past, present or fuhinges on the approval of generations of ancestral traders, elders and a culture that doesn't view

land as a means to economic propensity.

I'm thinking the four levels of government needed to make this happen and might actually get this right, and although Chief Sanford Big Plume is apologetic for the delay, he shouldn't be.

In the past, Calgary has been known to direct much needed infrastructure onto traditional First Nation lands to pad city coffers and appease voters, but Tsuu T'ina has been stout for 60 years ensuring the leverage of land wouldn't slip.

Big Plume is thinking of his people's future, a nu-ance that should be heralded in our more contemporary democratic forum.

**Environmental** concerns and the sanctity of traditional lands (Big Plume's mother was born on a portion of the proposed alignment, and the ring road

## "Big Plume is thinking of his people's future, a nuance that should be heralded in our more contemporary democratic forum."

would skirt several burial sites) are of major concern to the Tsuu T'ina membership, and rightfully so.

Opportunity should not be overlooked however, and I think the band understands what the ring road could mean for the commu-

nity. "The road will mean more to Tsuu T'ina than just a cash infusion, it has to be built as part of a plan that allows us to develop businesses that will bring careers and hope for generations," said Big Plume.

But the timing is right, the deal must be sweet and it's hard to blame the band council for holding the fourkilometre-square parcel of land hostage for so many

In true Aboriginal tact. First Nation business has always been done with proper democracy and with generations in mind - time runs differently on the re-

With the unique geography of the nation being so close to a major urban centre, the Tsuu T'ina should be looking at this as an empowering business deal and a means to needed cultural and social programs.

You might say the ring road will be a saviour if not a really good friend to the Tsuu T'ina.

Chris Phalen has contributed to Avenue magazine, the Prince Albert Daily Herald, the Globe and Mail and various magazines; calgaryletters@metronews.ca.

## **Metro Online Poll Results**



Is deficit spending the best way to get out of a recession?



It's your turn to tell others what you think. Email your thoughts and opinions to: calgaryletters@metronews.ca

Try to leave the car at home for short trips

Walk or bike to the nearest store instead of driving. For every 6.5 kilometres you bike, you keep around seven kilograms of pollutants out of the air we breathe, according to Ed Begley Jr.'s Living Like Ed: A Guide to the Eco-Friendly Life. TORSTAR NEWS SERVICE

metro

# Going Green

## A brighter future

A study last year by the International Energy Agency found that a worldwide shift to energy-efficient lighting systems would cut the world's electricity bill by nearly one-tenth. Amazingly, the emissions created by all the light bulbs on the planet are three times those caused by aviation.

DAVID SUZUKI FOUNDATION

# Lingering query: Are we doomed?

## **EarthTones**



ny given day, a whole series of seemingly disthoughts pass brains.

through our brains. Thoughts like, "I wonder where my car keys are," "I think I will wear the red cowboy hat," or "What's that smell?"

Sometimes the thoughts are more profound, but often not. Less often still, they can be strung together into a kind of story. Fortunately for us, that only has to happen once a week.

Recently, stories of new dinosaur discoveries, news about Earth Hour, a review of our heating bill and a simple question posed by a student — "Are we just doomed?" — have all been bouncing around. Are they connected?

The question "Are we doomed?" depends a lot on your frame of reference. On a geological time scale, the short answer is "sure." We know species come and go in the fossil

record. The dinosaurs were doomed and they didn't even burn coal or drive Hummers. Species come and species

go, but few of us are worrying that far ahead when we consider doom.

In a recent story carried on BBC, Prof. John Beddington in the U.K. warned of a "perfect storm" of food, energy and water shortages due to increases in global population. As the population grows, increased pressure will be placed on resources that are already grossly

stretched in some parts of the world. Even without a in population,

veloping

sources.

economies

compete for energy

If we have learned one thing from history, it's don't invade Russia in the pressure winter. But if we learn any will grow as other lessons, they should include that the cause of nearly every war can be traced to competition

for resources, and failure of governments to provide the basic resources necessary for life leads to political instability.

So, are we doomed? The situation described above is playing itself out in many parts of the world. Many conflicts in Africa and Asia have as a root cause competition for limited resources with access granted on a basis of race, religion, or some equally arbitrary basis for saying "you can't have it." The governments that can not or will not make access fair contribute to their own instability and chaos.

There is no reason to think we are going the way of the dinosaur in the near term. We're unlikely to die out as a species soon. But, if by doomed we mean doomed to live as most of the world lives, chances are good. As a species we are more likely to go out with a whimper than a bang.

Like the dinosaurs, we have no control over the freak meteor. However, in the shorter term we actually do have it in our power to make better choices and live more sustainably.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

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### Gay group issues award to financial guru

The gay watchdog group GLAAD honoured Suze Orman at its annual media awards on Saturday, and the openly gay financial guru exhorted her followers to "invest in companies that invest in you." Orman cited General Electric, Avon, QVC, Random House and CNBC as companies that had supported her. REUTERS

# Business



## Video games sharpen eyes: Study

Adults who play a lot of action video games may be improving their eyesight, U.S. researchers said yesterday. They said people who used a video-game training program saw significant improvements in their ability to notice subtle differences in shades of grey, a finding that may help people who have trouble with night driving.

#### **Business** in brief

**CLIMATE** The United States promised closer co-operation with the rest of the world on a UN climate treaty yesterday but cautioned it had no magic

wand to fix global warming. President Barack Obama has promised to cut U.S. greenhouse gas emissions by about 16 to 17 per cent. REUTERS

## Theme parks feel the pinch

Shortfalls in attendance, revenue spell trouble for investors

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#### First it was the housing "Longer, higher and faster is kind of market, then the banks. Now Santa Claus, Mickey kaput. The public got tired of it." Mouse and Shamu are get-

Dennis Speigel, president International Theme Park Services Inc.

nounced it was selling its stake in Santapark to local investors because of declining revenues.

But regional parks could benefit from Disney's loss, according to industry consultant Dennis Speigel, president of the Cincinnati-based International Theme Park Services Inc.

Wonderland in Vaughan, Ont., relies on southern Ontario for the vast majority of its business, making it an affordable destination for families trying to avoid the added costs of airfare and accommodations that go with a trip to Disney-

But that doesn't mean 2009 is shaping up to be an easy ride for Wonderland's owners, Ohio-based Cedar Fair Entertainment Co.

"We expect there to be a shortfall of up to 4.5 per

cent" in terms of revenue and attendance for regional theme parks overall, Speigel said.

It doesn't help that the amusement park industry is at a mature phase, Speigel said.

In the 1980s, "we would put a roller-coaster in a park and we would see a five to nine per cent change in attendance," said Speigel. "Now they put in 'super coasters' for \$25 million and haven't bumped the attendance at all. Longer, higher and faster is kind of kaput. The public got tired of it."

TORSTAR NEWS SERVICE

## Stock bulls may hit the pause button

Ronde

FORECAST U.S. stocks are set to run into some turbulence this week as investors pause to gauge if profit expectations and economic prospects will justify the market's further advance from the 12lows

ting whacked in the global

The result is that in-

vestors in amusement

parks are on a roller coast-

er ride — with enough

sharp drops to make even

those with the strongest

pocketbooks feel a bit

Disney's slashing jobs.

La

Six Flags, which owns

amusement park, is on the

cusp of bankruptcy protec-

tion. The Finnish govern-

ment last Tuesday an-

slump.

queasy.

Montreal's

vear touched earlihit- negative surprises,

nificant lows market of when the econostrongly, lift-be brought back." ing the benchmark S&P 500 Bucky Hellwig, analyst in more than 20

per cent amid burgeoning hopes that fallout from the economic slump may be subsiding.

Barring any shocks early in the week, the benchmark S&P 500 could close March with its biggest monthly gain in about two

With an even more bullish footing at month's end, the market could be propelled to its best monthly

advance in 22 years. Besides a deluge of economic data, comments from companies in the

run-up to the start of the first-quarter earnings reting those sig- the whole question porting season and any market of when the econo-rallied my is turning ... will ments from

Thursday's G20 Summit London could set the

"If we get some negative surprises, the whole question of when the economy is turning or if it is turning will be brought back," said Bucky Hellwig, senior vicepresident at Morgan Asset Management.

## **U.S. Publicity rounds**



U.S. Secretary of the Treasury Timothy Geithner appears on Meet the Press at NBC studios in Washington yesterday. Geithner said that the U.S. government has about \$135 billion US left for bank bailouts and refused to say whether it will ask Congress for more this year.

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## Auto-parts makers cheap but risky

shares of Canadian autoparts makers may offer outsized rewards for those with a long time horizon, but investors would be wise to wait to see what the future holds for the big U.S. automakers.

Analysts said balance sheets are key and noted firms have stockpiled cash in anticipation of an ex-

tended downturn. Major players in the Canadian industry include Magna International Inc., Martinrea International Inc. and Linamar Corp.

But the outlook is far from clear if key customers General Motors Corp. and Chrysler are forced to file for bankruptcy protection.

REUTERS

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8

#### Longtime football coach Saban dies

Lou Saban, the longtime NFL and U.S. college coach whose career spanned five decades and dozens of jobs, died at 87 at his home in South Carolina yesterday. Saban had two stints as coach of the Buffalo Bills, from 1962 to '65 and '72 to '76. METRO NEWS SERVICES

# Sports



## Rochette leads Canuck medal haul

in the women's singles event at the World Figure Stating Championships in Los Angeles. It is Canada's first medal in women's singles in 21 years. Patrick Chan of Toronto won the silver in men's singles, while Tessa Virtue and Scott Moir won bronze in ice dance in just their third competition this season.

EDITOR: JOHN.CHICK@METRONEWS.CA

## Tiger back to winning ways

**GOLF** For the second straight year, Tiger Woods birdied the 72nd hole to win the Arnold Palmer Invitational. Woods entered yesterday's final round trailing third-round leader Sean O'Hair by five strokes. Woods, who matched his largest comeback on the PGA Tour. won this crown for the sixth time overall. Woods grabbed a piece of the lead with a birdie on 15, then was one stroke up when O'Hair bogeyed 16. Woods bogeyed 17 from a bunker, but drained a 16foot birdie putt at the last for his 66th PGA Tour win. METRO NEWS SERVICES

For more sports coverage visit: metronews.ca

## Final Four set, with upsets

Second-seeded Michigan State stunned number 1 Louisville 64-52 to win the Midwest Region and advance to the NCAA Final Four yesterday.

Senior centre Goran Suton, who grew up in Bosnia, scored 19 points and had 10 rebounds to lead Michigan State (30-6) to its fifth Final Four in 11 years.

Suton admitted he was tentative in the first half. "I didn't look to shoot the ball," he told reporters.

"Those Louisville guards kept coming from everywhere. Coach (Tom Izzo) pulled me to the side and told me to shoot the ball or he was going to take me out.

"I had no choice but shoot the ball. I didn't realize how open I was. The shots were falling down."



Magic Johnson and Chris Allen of Michigan State celebrate after the Spartans beat Louisville yesterday.

Suton hit seven of 15 shots, including three of

five from beyond the arc. Louisville coach Rick Pitino said Suton "hitting those shots against our zone was very big."

Louisville (31-6) was the overall top seed in the 64-team NCAA Tournament.

The Final Four will be played in Detroit beginning on Saturday.

Connecticut advanced to the Final Four with a win on Saturday and will face Michigan State. Villanova will play North Carolina, which defeated Oklahoma yesterday.

## **CIS UNB wins University Cup**



The University of New Brunswick Varsity Reds celebrate after beating Western Ontario in the University Cup final yesterday in Thunder Bay, Ont.

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# Summer Camps

## Camping fun for the whole family

SHELLEY WILLIAMSON for Metro Calgary



Summer doesn't have to equate to kids and parents parting ways, thanks to family camp options now available across the province.

Doug Saul, executive director of Camp Chief Hector YMCA in Kananaskis, said the concept is still fairly novel to Alberta, but interest is growing.

"The big difference is you are there with your parents, and parents are there with their kids," explained Saul.

While many come from Alberta, Saul sees campers from as far away as Asia at the week-long camps, this year in late August. For many, being together and making friends as a family is what keeps campers

coming back.

The cost is \$390 for adults, \$275 for kids aged 10 to 16, \$240 for children four to nine — so a family of four camps for around \$1,400. Financial assistance is also available.

This summer's Y family camps are full but spots remain in "family weekends" in K-country, May 8-10 and 29-31. Ideal for those who want to book their crew for next summer, the three days are \$150 for adults plus \$95 for kids four to 17, up to

Families bunk together in teepees or cabins, while activities from arts and crafts to canoeing, climbing and horseback riding are open to all family campers.

For those looking to "get

doors, Camp Valaqua in Water Valley, Alta., offers a mini-camp July 3-5. A mix of adult-child activities and kids-only fare led by camp staff is on the camp calendar, including swimming, canoeing and climb-

It's designed to give future campers aged three to eight and their parents a preview and meet staff, says Jeff Schellenberg, Camp Valaqua manager. "Parents, as their kids get within the six, seven and

## "(Family mini-camp) is also a chance for families to reconnect."

Jeff Schellenberg of Camp Valaqua

eight age range, get a good taste of what to expect (at residential camp), and it's also a chance for families to reconnect.'

Schellenberg said some parents attended the 50vear-old Mennonite Church

"The camper-ship is diverse. We get a range of those (who are) brand new to camping, quite a few

others who have just found out about it."

The weekend — spent in dorm lodge rooms or pri-

person, up to \$220. Families can also park RVs on the property and stay



FOR MORE INFORMATION, CAMPER REGISTRATION, DATES AND RATES GO TO: WWW.CADICASU.COM

- 🟚 Cadicasu offers a 7 day/6 night comprehensive activity program with a camper/counselor ratio of 8:1 and supervision
- 🚷 Camper groups are broken down by age and gender creating a program of activity that is tailored to meet the needs of each group (Juniors 8-10; Intermediate 10-12; Seniors 13-14; Counselors in Training 15-17).
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Archery

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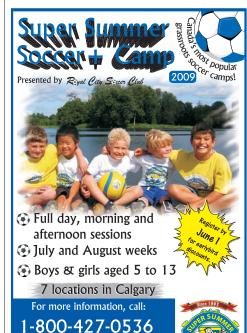
Camp Cadicasu is located 16 KM off Highway #1 on Highway #68 on the site of the old Jumping Pound Ranger Station just inside the Kananaskis country border and is 25 minutes west of Canada Olympic Park.

Corporate Sponsorship opportunities for Camp Cadicasu are currently available with a competitive benefits package and leveraging opportunities.

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Student/Youth (13-24)	\$ 169	<b>\$</b> 79	\$ 59	<b>\$ 129</b>	\$ 79
<b>Junior</b> (5-12)	\$ 99	\$ 49	\$ 39	<b>\$ 79</b>	\$ 49
Family	\$ 349	\$ 179	<b>\$129</b>	<b>\$ 269</b>	<b>\$169</b>

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## **10** summer camps

## Being camp leader

JENNIFER HILLIKER for Metro Calgary

Instead of getting homesick, 23-year-old Calgarian Eric Gibbs gets campsick. The time he spends as a

leader at summer camp is always the highlight of his year. "You're outside, most camps are on a beautiful lake, and it's a safe, open,

Gibbs said

Gibbs has gone to summer camp ever since he was young and now works as a camp leader at Camp Kasota and Camp Tama-rack. He said that he has made some of his best friends at camp because everyone is open and ac-

cepting of each other.

"If someone is a big in-

trovert, they come to camp and open up," he said.

"When kids come to camp, everybody has a new start. I met my friend Alan at the first camp I ever attended. We went to camp together every summer and then we worked together. I was a groomsmen at his wedding — and he met his wife at camp,





### Junior Camps Ages 6-10

Nursery Rhyme July 6-July 17

Aristocats July 20-July 31

King Arthur

### Senior Camps Ages 10-14

Ancient Greece July 13-July 24

Create Your Own Show July 27-Aug.7

Vampires and Villians

## High School Intensive

Ages 14-18

Shakespeare Aug. 17 - Aug. 21



## summer camps 11

## **Fast track to fitness**

## Many people turning to boot camps

ALYSSA JULIE for Metro Calgary

Come warm weather, education specialist Shari-Lynn Share will spend lunch at an hour-long fitness boot camp, instead of behind a computer.

She started boot camp for the first time last May, exercising three days a week from noon to 1 p.m. After a demanding weeks, she lost 11/2 inches off her waistline and noticed a marked improvement in strength and en-

"Going to boot camp is a great break to the day. You're away from work and away from your computer and you get to meet new people," she says.

Sare is among a growing number of people turning to fitness boot camps as a motivational tool to get fit fast.

"Everyone is together, everyone is grunting through the same workout and Sally beside you is con-



The diverse and challenging workout at boot camps produce noticeable results in record time, encouraging even those who usually exercise irregularly to keep at it.

tinuing to go, so you want to continue to push on," explains Michelle Parks, a former co-worker of Sare who started as a fitness trainer with Survivor Boot Camp last year.

Parks says participants set a goal for themselves

friends they strive to meet these goals or surpass them by the end of the six weeks.

The workout changes each day, but includes cardio, core-strength, resist-ance and circuit training for full-body conditioning.

A varied workout is important when choosing the right boot camp, says Parks, as is a certified personal trainer, a benchmark to measure success, and a training schedule that accommodates both work and life.

Most people start going to the gym each January or at the start of the swimsuit season, says Parks, hoping for quick results. When they don't see these results right away, they give up and stop going.

With boot camp, the diverse and challenging workout produces notice-able results in record time, encouraging even those who usually exercise irregularly to keep at



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**12** 

B.C. to introduce new bylaws regarding private PSE In June, the B.C. government will introduce changes to Private Career-Training Institutions Agency bylaws. Under the new rules, students defrauded by questionable private institutions will be entitled to tuition refunds. METRO NEWS SERVICES

# Workology



## Queen's concert hall

Queen's University, in Kingston, Ont., has revealed the design for its new performing arts centre, which will include a 550-seat, purposebuilt concert hall, a small studio theatre, rehearsal rooms, an art gallery, and office space.

# A career in the right direction

Seafarers have George Rae to thank for finding their way back home



or as long as he can remember, George Rae went out on boats with his father.

His dad, originally from Scotland and a former member of the merchant navy, emigrated to Halifax for a job as a master mariner. He later got work as a compass adjuster and soon started his own com-

By the time Rae was 12, wasn't just tagging along on rides for fun. By age 18, he was doing the work himself.

"I was always intrigued and I loved the boats. And going with my father was always special," says Rae who lost his dad this past January.

After Rae finished high school, he joined the merchant marines. For six years he worked on offshore cargo boats and made his way up from deck hand to chief

But it was tough being away from home so much. as he had a young family. In 1987, his dad asked him to join the family business as a compass adjuster (one of his sisters, his oldest brother and his wife work for the company too).

Rae, now 47, takes calls from everyone from small pleasure boat owners to captains of offshore oil rigs. Most boats on the water are mandated to have a compass - even if they have a



For a living, George Rae makes sure boat compasses — the only thing that works when the power are working perfectly

host of other fancy gizmos. "The magnetic compass is the only thing that works when the power goes out, Rae says.

But they can lose their sense of magnetic north over time, thanks to new equipment on the boat, renovations, or just harsh

weather. To get a compass back on track, usually on an annual basis, Rae takes the boat out on the water. He either drives (his 22year-old son sometimes comes along to help) or the

He then stops the boats at the various headings on the compass. Rae uses the sun, familiar landmarks or a chart to line the boat up He then trues up the compass by using magnets. Most compasses have slots

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Best Part of the Job: "Always being with my father and the sea. Now that my father's gone, it's just the sea and doing it in his memory." Worst Part of the Job: "The cold. And sometimes the long hours."

magnets can fit, or Rae affixes them to the side of the boat.

The whole process takes about an hour. Most observers of Rae at work are pretty surprised to see him turning a boat in circles on the water. "A lot of people get this look, like, 'Here's the man with his black

magic,'" says Rae.

Thanks to his years on boats and his study of magnets, it's neither mysterious nor magical to Rae. Just a iob he learned at his father's side

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Tyler at a wedding, again

Liv Tyler is walking down the aisle again, as the maid of honour in writer/director Galt Niederhoffer's independent film The Romantics — about seven close friends who reunite to watch two of their pals get married. FEMALEFIRST.CO.UK

# Entertainment

## Jen sexiest

Jennifer Aniston has topped Details' new list of Hollywood's sexiest women. The former Friends star beat Megan Fox and Gisele Bundchen to land the top spot.

# Nickelback wins big at the Junos

ROB MCMAHON

Last night's Juno Awards at Vancouver's GM Place

reflected a shift in the event's tone from past years: An effort to get a little more rugged and raw. Along with the usual Cancon rockers, this year's nominees included several

indie artists, from F\*\*ed Up's layered hardcore to the thrash-electro of Crystal Castles. Much of the show from performers to jokes - reflected a focus on riskier material.

Backed by a stage of psychedelic plants, host Russell Peters started off with a Bollywood-themed song and dance. But halfway through the song, the dancers ripped off the sometime



hip-hop DI's costume so he could showcase his popping and locking techniques. The transition reflected his promise to tweak a few nerves during his second stint as host.

Sex, drugs, rock 'n' roll: Peters hit all three with jokes about yearning for Anne Murray's sex tape, slams on former Barenaked



New artist of the year winner Lights, left, poses with her trophy while Sarah McLachlan. above, performs at the Juno Awards last night.

Ladies singer Steven Page's recent drug-related troubles, and stage props that looked smokeable.

Rock-grunge act Nickel-back claimed the night's

## Canada's Music Awards JUNO Awards

two biggest prizes - group of the year and album of the year, as well as the Juno fan choice award.

'The press are gonna hate us tomorrow," joked Chad Kroeger. "We apologize for hogging up all the air time.'

Super-producer Bob Rock inducted '80s rockers Loverboy into the Canadian Music Hall of Fame, Sarah McLachlan received the Allan Waters humanitarian award, and perennial Juno winner Bryan Adams sang Walk On By.

K.D. Lang and Buffy Saint-Marie awarded Alexisonfire's Dallas Green songwriter of the year for his

### **Juno winners**

- Album of the year: Nickelback, Dark Horse
- Artist of the year: Sam Roberts
- Juno fan choice award: Nickelback
- Songwriter of the year: Dallas Green, City and Colour
- New artist of the year: Liahts
- Rap recording of the year: Kardinal Offishall, Not 4 Sale Group of the year: Nickel-

quieter work as City and Colour. Other standouts included back-to-back songs by Crystal Shawanda, Divine Brown and Serena Ryder, and a rocking version of Them Kids by rock album of the year winner Sam Roberts.

## **Box office**

- Monsters vs. Aliens: \$58.2 million US
- The Haunting in Connecticut: \$23 million
- \$14.7 million
- I Love You. Man:
- **Duplicity:** \$7.6 million
- Race to Witch Mountain: \$5.6 million
- 12 Rounds: \$5.3 million
- Watchmen: \$2.8 million
- \$2.7 million
- The Last House on the Left: \$2.6 million







## CBC Winnipeg Comedy

Festival
Traveling may have been what
Jimmy Buffett was referring to
when he wrote, "If we couldn't
laugh, we would all go insane."
In "Bon Voyage," Manoj Sood
brings his "Little Mosque on the
Prairie" character, Baber Sid-Frairie character, Baber Sid-diqui, to the stage to introduce a variety of comedians. They include Geri Hall, Jimmy Tingle and John Wing. 9:30 PM on CBRT



Chuck
A heartless agent (guest star
Tricia Helfer) is sent to evaluate
Sarah's performance as Chuck's
handler after he reveals his feelings about her. Morgan, Lester Ings about rier, wordan, Lester and Jeff try to get invited to Awesome's bachelor party in the new episode "Chuck Versus the Broken Heart." 9 PM on CKAL KHQ

#### Medium

Allison becomes a human lie detector after she dreams about a game show and starts hearing a buzzer whenever anyone lies to her. One of Joe's (Jake Weber) former co-workers accuses him of stealing his designs. Miguel Sandoval, David Cubitt and Sofia Vassilieva co-star in the new episode "Truth Be Told." 11 PM 14 entertainment



Stella McCartney will be honoured with an award Monday for her environmental efforts by the U.K. National Resources Defense Council. The designer, who refuses to use fur or leather, will receive the reward from Leonardo DiCaprio, reports Catwalk Queen. METRO NEWS SERVICES

**Celebrity Buzz** 

## Brit's team sues superfan Robert's scary

owner and webmaster of Britney Spears' most popufan site, breatheheavy.com - has spent the past five years supporting the singer, but he's about to be shut down by the pop herself, magazine.com reports.

Although Miller asserts that the sole purpose of the site is "to support the icon of our generation, Britney Spears, and to continuously stick by her through the good and

bad," Spears' father Jamie has taken legal action over some of the content.

"I have been battling the conservatorship Britney is currently placed under for months now, Miller wrote in a message to fellow fans on the site's homepage Fri-

"When I did not conform to the requests and demands Brit-

ney's management and fa-Jamie ther, Spears, recently put upon Breathe-Heavy to stay quiet, they in turn be-

came angry and malicious.

launching, what I feel is an unjust attack, against me and my website.

He received a legal notice from Jamie's lawyers pressuring him to dismantle the site by Friday afternoon, or face an injunction. Spears' legal team claims the site is "replete with willful, unauthorized' use of copyrighted lyrics to songs as well as video and audio recordings and photos of Spears. The website was still online vesterday.

METRO NEWS SERVICES

# on-set accident

PEOPLE Robert Pattinson required medical help after advertising knocked him over during shooting of New Moon in Vancouver. femalefirst.co.uk reports.

A source told National

Enquirer magazine: "Robert had just started shooting a scene when a gust of violent wind tore a heavy metal sign from a post. It shot across location so fast no one even managed to shout a warning

head and he dropped to the ground lying deadly still. Cast and crew ran to

help.
"Robert finally came around. The crew put ice on the knot-sized lump on his head and by the time medics arrived he was co-But director herent. Chris Weitz still cancelled filming and ordered Robert to return to his hotel. He came back to set the next day, but was still sporting a lump."

METRO NEWS SERVICES

## Love sued for e-smack talk

LEGAL Looks like Courtney Love needs to watch what she types. Fashion designer Dawn Simorangkir is suing the singer for an unspecified amount, claiming Love used MySpace and Twitter to bad-mouth her after a dispute over an invoice, Page Six reports.

According to the suit, Love posted online that the designer "has a history of selling cocaine, has a history of assault and battery, has a record of prostitution, has committed grand theft .. is a racist and homophobe ...

ger to society.' METRO

(and) is a dan-

## Madonna adopting again

rived in Malawi yesterday ahead of a court examination this week of her bid to adopt a second Malawian child, a girl called Mercy James, officials said.

emplovee said An Madonna had checked into an exclusive lodge, accompanied by her son David Banda. whom she adopted in 2006 from the same Mchinji Home of Hope orphanage where four-year-old Mercy lives.

The employee said David's biological father Yohane Banda was at

Some Malawians oppose David and Mercy's adoptions, accusing the government of skirting laws that ban non-residents from adopting children.

Court clerks said Madonna or her associates were expected to appear in court on Monday

for the adoption proceedings. The local Nation newspathis month quoted

Madon-

friends had told her David needed a brother or sister and that she would consider adopting another child, but only with the support

of the Malawian people.

Madonna took David
when he was 13-monthsold after his father had placed him in an orphanage following the death of his wife.

The singer has said despite the controversy around David's adoption, she was happy to be involved in a case that might pave the way for more adoptions in Malawi, where an estimated one million children have been orphaned by AIDS.

## Rihanna's rebound?

spending her break from Chris Brown with Frankie Delgado, who tells People magazine they are "just friends."

Delgado, from MTV's The Hills and Bromance, says the chatter started because "she's been out, hanging out, I

people talk a lot." Asked how she is doing, his reply was only, "She's good."

guess. It's Hollywood,

The singer recently

turned to L.A. after a trip to New York City, where she had business meetings and spent time with her manager, her mentor Jay-Z, Bevoncé and Brandy

"She is looking forward to getting back to work and focusing on her

career again," a source told People, adding that Rihanna's trip was also designed to help her 'clear her mind and take things one day at a time."

METRO NEWS

## Leo paints Kids' Choice green

the lodge to

PEOPLE Nickelodeon's 22nd Annual Kids' Choice Awards was especially green this year, femalefirst.co.uk reports, as the children's cable network gave out its first-ever Big Green Help Award.

Cameron Diaz presented Leonardo DiCaprio be-cause of his contribution to environmental issues, including his Leonardo DiCaprio Foundation.

"Do you like this planet that we live on? Is this an awesome place to live or DiCaprio told the audience. "Well, it's

the only place we've got .. We need all of you, the next generation, to take action. In fact, I bet someone watching this very show tonight will be a part of the solution to global warming." METRO NEWS SERVICES

## Never met grandkid: Tori's mom

PEOPLE In a new interview for ABC's 20/20 that aired this weekend, Candy Spelling she's never met her granddaughter, msn.com reports.

. Spelling, widow of TV mogul



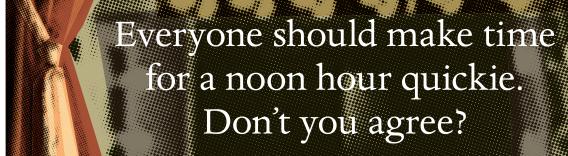
also ple

two-year-old son named Liam.

"I would love to be close to my grandchildren," Candy told 20/20 co-anchor Elizabeth Vargas.

"I'm the only grandparent that's living. So, I'm it. And — I've never even met Stella 3

METRO NEWS SERVICES





THREE WHALES RETREAT FROM THEIR USUAL OCEANIC CARES TO DETERMINE HOW THEIR LIVES HAVE GONE SO AWRY IN THE INVENTION OF MUSIC STARTING TODAY

Formation for the first term of the first term o () transcenses nexteri BD&P AMILEST metro

**Take Five** 



Afternoon clouds 4 c / -9 c









## Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

					6		2	
4	9				1	8		
	6		5			4		
	3			6	5		8	
1								9
	7		2	8			4	
		7			8		3	
		9	3				7	5
	1		6					

#### Crossword across

- 1 History chapter
- 4 Recede 7 Note to self, e.g.
- 11 Co-ed quarters
- 13 Stout cousin?
- 14 Verve
- 15 Concept
- 16 Dress (in) 17 Otherwise
- 18 Tropical timber trees
- 20 Coated with gold 22 Dawn goddess
- 24 Acceptable
- 28 Splendour
- 32 Form
- 33 PC picture 34 Morning moisture

- 36 Facility 37 Disreputable
- 39 It may say "Home Sweet Home"
- 41 Motion detector, e.g.
- 43 Neither mate
- 44 Unstable particle
- 46 Brandy flavour
- 50 Pinnacle
- 53 Cranberry territory
- 55 Old portico
- 56 Angry 57 Greek mountain
- 58 Former frosh
- 59 Put in the mail 60 Profit
- 61 Chaps

## **Crossword down**

- 1 Tend texts 2 Took the bus
- 3 Vicinity
- 4 Have breakfast
- 5 Online journal 6 Start
- 7 Tim Russert's longtime
- show
- 8 Right angle
- 9 More, to Manuel 10 Indivisible
- 12 Just stay within your
- budget
- 19 "Mayday!" 21 Angeles
- 23 Norm (Abbr.) 25 False idol

- 26 Church section 27 Antelope's playmate 28 Fail to hit
- 29 Rue the run
- 30 Rivers or Collins
- 31 "Of course"
- 35 Ashen
- 38 Second person
- 40 Swab the deck
- 42 Batman's partner 45 Protuberance

- 47 Teensy bit 48 Get by somehow 49 Nobel chemist Otto
- 50 Venomous snake 51 Bill and -
- 52 Wife's address
- 54 "Roscoe"

#### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

С	Υ	С	L	Ε		S	Н	Ε		R	0	W
Н	Λ	L	Е	R		Α	1	М		Α	L	Ι
Α	М	Τ	G	0		S	L	U	М	В	Ε	R
		М	0	D	Ε	S	Т		0	В	0	Е
L	Α	В		Ł	Н	E		Α	М	1	S	S
Α	В	Е	Α		Α	S	Τ	D	Е			
٧	_	R	G	0	S		Ν	0	4	С	0	М
			Е	R	Ε	С	Т		Т	Н	Ε	Е
S	Н	Ε	1	К		Α	R	S		Α	R	G
Е	A	R	S		Ρ	В	0	Т	Ε	М		
Ρ	L	U	М	В	Ε	R		0	Χ	В	0	W
Α	L	Ρ		U	S	0		0	Ρ	Ε	R	Α
L	Е	Т		G	0	Т		L	0	R	Ε	Ν

7	2	3	4	8	9	5	6	1
6	4	9	1	3	5	8	7	2
5	1	8	2	7	6	3	4	9
2	3	6	9	4	8	1	5	7
4	7	1	5	6	3	9	2	8
8	9	5	7	1	2	4	3	6
9	8	4	3	2	7	6	1	5
1	5	2	6	9	4	7	8	3
3	6	7	8	5	1	2	9	4

## Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 minGer

IDOKU SOLVE TIME:	17-21 minSmart
nder 13 minGenius	21-25 minNot bad
-17 minSchola	25+ minKeep practising

 $(\pi)$ 

## **Metro Recipe of the Day**



## **Stir-Fried Beef** with Mango

- INGREDIENTS: 1 lb (500 g) lean steak 3 garlic cloves, finely chopped
- 1 tsp (5 ml) sugar 1 tsp (10 ml) low-sodium
- sov sauce 1 1/2 tbsp (20 ml)

- 2 tsp (10 ml) paprika 2 tsp (10 ml) mild chili powder
- 1 1/2 tbsp (20 ml) honey 1-in. (2.5-cm) piece fresh
- ginger, grated 1 cup (250 ml) water 4 tbsp (60 ml) vinegar Juice of 1 lime or lemon
- SALAD: 1 mango, peeled and cut into strips 2 plums, sliced
- 1/4 medium red cabbage 2 cups (500 ml) watercress leaves
- 1/2 cucumber 1/2 red pepper
- 3 scallions, sliced on the diagonal 1/4 cup (50 ml) mixed
- fresh mint and cilantro 2 tbsp (25 ml) chopped roasted unsalted peanuts METHOD:
- 1. For dressing, put paprika, chili powder, honey, ginger and vinegar in a

pot and slowly add water, stirring. Boil, the reduce heat to low and simmer 5 minutes Remove from heat and stir in lime or lemon juice. Set aside. 2. Shred cabbage, cut cucumber into matchsticks and cut pepper into thin strips. Combine salad ingredients, except peanuts, in shallow serving dish and toss. Set

- aside. 3. Cut steak into thin strips for stir-frying. Put steak into bowl with garlic, sugar and soy sauce and mix to coat steak. Heat wok or frying pan on high heat, then add oil. Add beef and stir-fry until strips are browned and cooked to taste. 4. Spoon stir-fried beef
- over salad, drizzle dressing and sprinkle with peanuts. Serve immediate-

**SERVES 4** 

## rd.ca

For nutritional infor mation on this and other great recipes, go to **rd.ca** or check out Key Ingredients



**AVATAR VENUS** 

## Horoscopes

#### ARIES

## MARCH 21-APRIL 20 You must avoid lonely people all day. A cafe is not the best place to buy electronics. A job search needs to be more realis-

## LIBRA

tic

**SEPT 23-OCT 23** An increase in socializing will be a delight. It's an inconven-ience to overlook a mediocre man. A friend gives you a hassle-free choice.

#### **TAURUS** APRIL 21-MAY 21

Let nature take its course with a former adversary. A peer is dealing with too much in a family situation. An unhappy person has a secret admirer.

#### **SCORPIO** OCT 24-NOV 22

It's easy to roll out the red carpet for a pal. Poor memory helps you withstand boredom. A chaotic moment arises due to

## **GEMINI**

MAY 22-JUNE 21 A condescending woman brings some news. You have a troubled conscience. A planner

needs an aggressive strategy.

## **SAGITTARIUS**

## NOV 23-DEC 21

An enthusiastic helper appears to withstand fears. Paranoid fantasies provoke snide remarks. Make a valued alliance with a thinker.

## CANCER

fact

JUNE 22-JULY 22 A conspirator concentrates on security. Freedom comes from being realistic. You'll be on the

#### CAPRICORN **DEC 22-JAN 20**

A powerless man gives up the chase. Invest in apparel and appliances. Women will demand more of your time.

receiving end of a shocking

#### LEO JULY 23-AUG 23

A confused person is working too hard. A difficult situation eases up and a problem is resolved. Mark out your territory with a tough response.

#### **AQUARIUS** JAN 21-FEB 18

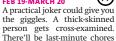
You'll make a discovery when you focus. Give a fascinating speech at a get-together. Anything is possible if you look within.

## VIRGO

AUG 24-SEPT 22 Communicate openly with a rescuer. Smile at a loser to boost their self-esteem. An innocent person wants to find wisdom

#### **PISCES** FFR 19-MARCH 20

to perform.





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The Hills Season 5 Preview

tonight at

